

Newsletter - November 2018

PARN'S Annual
Red Ribbon Campaign
Saturday, November 24



Volunteer for PARN's Red Ribbon Campaign - See Page 4

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PARN is a community-based agency providing support and health promotion for people living with or affected by HIV and/or AIDS. PARN provides education for people at risk for HIV and awareness of AIDS issues to the broader community.

PARN's Board of Directors

Chair:

Lawrence Finnie

Vice Chair:

Kirk Parry

Secretary-Treasurer:

Cynthia Lord

Members at Large:

Cheyenne Buck, Kim Kennelly, Mark Phillips (Past Chair)

What's Going On November 2018



Rainbow Youth Program
Every Thursday - 3:30 - 5:30 pm
Suite 302-2, 159 King Street



Office Hours @ PARN

Monday:

9:30 am–5 pm

Tuesday:

9:30 am–5 pm

Wednesday:

9:30 am–5pm

Thursday:

9:30 am–5 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays

Peer and Volunteer Training

We're hosting a two-day training session for new PARN Peers and Volunteers on Tuesday, December 11 and Wednesday, December 12. To register, please contact PARN Peer Engagement Worker Brittany Cameron (705-749-9110 ext 204 or brittany@parn.ca) by Friday, November 30.

Save The Date December 20

PARN's annual Holiday
Social will be held on
Thursday, December 20.
Stay tuned for more details

PARN Office Closures in November

Please note that the PARN offices will not open until 11 am on Thursday, November 1 to accommodate an all-staff meeting. The PARN offices will be closed on Thursday November 22 for staff training

Men's Sexual Health Clinics in Lindsay and Port Hope

PARN has partnered with the Haliburton, Kawartha, Pine Ridge District Health Unit to provide monthly clinics dedicated to men's sexual health in Peterborough, Port Hope and Lindsay. Free and confidential services include testing for HIV, hep C, & sexually transmitted infections as well as condoms, lube & information on sexual health.

Lindsay - Thursday, November 8 - 5pm to 7pm

HKPR District Health Unit
108 Angeline St. S., Lindsay, ON

Port Hope - Tuesday, November 27 - 5pm to 7pm

HKPR District Health Unit
200 Rose Glen Rd - 905-885-9100



Concerned About Your Status?

HIV testing is available in our region

The following locations offer HIV testing in Peterborough and the Four Counties:

Positive Care Clinic

Tuesdays and Thursdays at PARN – 9am to 4pm
1-866-303-2420 or 905-579-8711 ext. 3127

Peterborough Public Health Sexual Health Clinic

705-748-2021

Haliburton Kawartha Pine Ridge District Health Unit Sexual Health Clinic

1-866-888-4577 ext. 1205

Trent University Health Services

705-748-1481 (Trent students only)

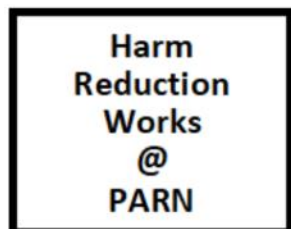
Fleming College Health Services

705-749-5557 (Fleming students only)



Thursday Morning Drop-In

Make a difference
every Thursday
morning @ PARN by
helping build a
community that is a
little more safe and a
little more friendly.



Join PARN staff and volunteers every
Thursday from 10:00am to 11:30pm to
make kits for our Harm Reduction Works
program.

Hep C Testing at PARN

PARN, in partnership with the Positive Care Clinic (Lakeridge Health), is providing no-cost rapid Hep C testing at the PARN offices on Tuesday afternoons from 1pm to 3pm. The test takes 20 minutes and can change your life!

Tuesday, Nov. 13
Tuesday, Nov. 20
Tuesday, Nov. 27



**Lakeridge
Health**

PFLAG Peterborough Meetings - November 8 and 22 @ 7pm

PFLAG CANADA
PETERBOROUGH - ON

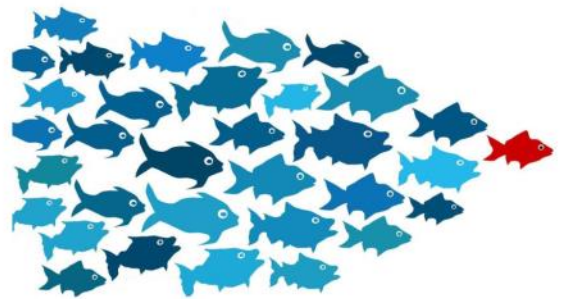
PFLAG Canada Peterborough Chapter hosts Sharing Meetings on the 2nd and 4th Thursday of each month at 7pm in Suite 302-2 at the PARN offices on 159 King Street in downtown Peterborough. For directions or more information please contact Dianne McKay at 705 749 9723 or ladydi@nexicom.net Visit the website at <http://www.pflagpeterborough.com>

Leadership Opportunity: PARN Board of Directors

PARN's Board of Directors is seeking dynamic, experienced individuals interested in governance and leadership.

Now more than ever, PARN, like other non-profit organizations is being called on to respond to the needs of our communities by providing critical supports that leverage opportunities in the sweet spots between silos. At PARN, our best work is done in partnership with community members, other organizations, institutions and businesses. By identifying shared concerns, exploring the sweet spot and imaging possibilities we can find solutions to some of our most pressing current day challenges.

Please contact board@parn.ca for a PARN Enduring Membership form and a Board application form, as well as a copy of our most recent E-NEWS.



PARN's Annual Red Ribbon Campaign Saturday, November 24, 2018

**Volunteers needed to distribute
Red Ribbons and collect donations.**

**To volunteer for a 2 hour shift
on November 24, please contact
Dylan DeMarsh at 705-749-9110
or dylan@parn.ca.**



Medical Marijuana: A Personal Reflection on Equity and Access

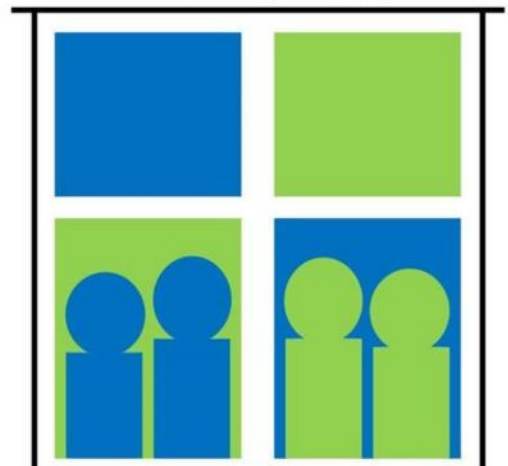
The following article was written by Samantha Luke, a Trent Nursing Student completing her placement with the HKLN Drug Strategy. In her post, Sam details the various events that took place at the Central East Opening Doors Conference (October 10-12, 2018) and provides a written reflection of one of the sessions she attended regarding medical marijuana.

The Central East Opening Doors Conference focused broadly on the health and wellness of individuals living with HIV/AIDS, those who are impacted by HIV/AIDS and their service providers. This conference took place at Fern Resort, on the shores of Lake Couchiching, in Orillia, Ontario. The first day was reserved for people living with HIV/AIDS and concentrated on discussions of resiliency and empowerment with gender specific focus groups, among others. The following two days were open to those who are impacted by HIV/AIDS and service providers to join. A panel of long-term HIV survivors told impactful stories and responded to questions regarding their lived experiences. The sessions that followed covered medical marijuana, harm reduction, treatment options and HIV Related Neurocognitive Disorder. Social events (think - shared meals, costume party, pool tournament, let's make a deal!) were sprinkled throughout the three days and brought participants together outside of the educational sessions.

As part of this Opening Doors event Melissa Leach, a Medical Cannabis Educator and Community Outreach Coordinator with The Clinic Network Canada, presented regarding medical marijuana. Topics covered included the history of medical marijuana, insurance coverage (or lack thereof), chemical components, use for individuals with HIV/AIDS, process of prescribing, dosing and potential implications post-legalization of marijuana for recreational use. I've been finding it incredibly difficult to keep up with ever changing federal and provincial policies surrounding marijuana; information presented in the media has seemed hazy and often highly opinionated. Melissa's presentation helped me see through the media haze and corrected mis- or dated information I've been holding on to.

I have several people in my life who use medical marijuana to manage peripheral neuropathic pain and to lower anxiety. They would be the first to tell you that it has drastically changed their lives, but that's only true when a supply is available from their licensed producer (LP). Anecdotally, I knew it was difficult to reliably access medical marijuana. Melissa gave me a better understanding of the multitude of issues and barriers people face in obtaining medical marijuana.

Central East Opening Doors



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Based on Melissa's presentation, Medical Doctors and Nurse Practitioners are able to prescribe medical marijuana once other therapeutic options have been exhausted, but most remain unwilling to. Marijuana does not have a drug identification number (DIN); it is therefore prescribed via a medical document, not a regular prescription. This medical document must be sent, along with a registration form, to a LP for approval (which, according to Melissa, takes at least 20 days). Once approved, you may only order from this LP. You cannot switch providers without starting the whole process again, even if your LP is unable to fill your orders. Most insurance companies do not cover medical marijuana. An average prescription is 1-3g/day, which has an average cost of \$8.50/g (plus shipping, taxes and an upcoming additional \$1.00 surcharge per gram after recreational legalization). This cost is significant and inaccessible to many.

Let's assume you are financially able to sustain these expenses, you've made it through the long convoluted process and now have a LP. You order your first month's supply and, with the help of medical marijuana, are now managing your chronic condition well. But, with each upcoming month that supply from your LP is not guaranteed – among others, your pain, anxiety, nausea, etc. may go untreated simply because your LP is unable to meet market demands. Would we accept an approval waiting period or inconsistent supply for a new antidepressant medication from a local pharmacy? Is it permissible for provincial policies to stop you from going to a different pharmacy if your prescription could not be filled at your usual location? Have we forgotten that this is a medication?

We are opening the door for every adult to legally access recreational marijuana at a time when the system appears to be inadequately serving patients in need of medicinal marijuana. I believe there should be a separate, accessible, equitable, reasonably priced stream for medical marijuana with a confirmed supply that is prioritized before recreational use. Without a reliable supply of medication we are putting patient treatment at the mercy of corporations and failing to provide a proper standard of access and care as a result.



Please welcome Liam Goderich to the PARN team!

I am a second-year student at Sir Sanford Fleming College in the Community and Justice Services Program. This program is designed to prepare graduates for front-line work in the criminal justice system and community services field where I will be able to contribute to positive individual and social change. This program challenges me to learn how to develop effective relationships with my clients and the courses have a significant focus on human relations and communication skills. These skills are essential to success in this field.



I am currently doing my placement at PARN. I chose PARN because of the work it is doing in our community. I first heard of PARN's services through a Naloxone training session in one of my classes. Through some conversation with Megan Deyman and Julie Crydermann, who ran the training, I learned more about the programs and services PARN offers to the community of Peterborough such as, the Harm Reduction program, the Rainbow Youth program and the HIV support services. Once I graduate I would like to pursue a career in the community aspect of my program and I believe PARN will give me the tools I need to be successful. The inclusive and safe space environment has allowed me to transition into my placement very seamlessly. I am excited to learn more about the agency as my time here continues.

Meet PARN's new Men's Sexual Health Outreach Worker

Shane Outram is working on creating new events and socials for our Men's Sexual Health Community in Peterborough, Lindsay, Northumberland, Port Hope, Cobourg and Haliburton Counties.

As an Outreach Worker, Shane will be out in the community providing resources for men who have sex with men (gay, bi, trans, or men who identify as heterosexual but have sex with other men). Shane will be able to provide you with information guides, workshops on safer sex practices, info on safe cruising, PNP, achieving HIV undetectable status, HIV stigma and more.

Shane will also be surveying the community to find out from what community members want to see happen in the Peterborough and surrounding area for events and community outreach.



PARN Needs Your Support!

Red Scarf Project

World AIDS Day 2018



Since 2016, the Red Scarf Project has raised awareness around HIV support and prevention while also serving the needs of our communities in the winter months. On December 1, 2018, Red Scarves will be placed like giant red ribbons on lamp-posts throughout the counties of Peterborough, Haliburton, Northumberland and City of Kawartha Lakes for World AIDS Day. If someone is cold, they can take a scarf.

Last year, 50 members of the community donated 251 scarves to the Red Scarf Project and we were able to expand the campaign outside of Peterborough and into Northumberland County and the City of Kawartha Lakes!

Act Up! Take The Red Scarf Challenge

To build on our successful 2017, we are getting a head start on the 2018 Red Scarf Project. We are looking for donations of scarves that are red and approximately 6" by 60" in size, but the pattern is completely your choice! We are also looking for donations of red yarn, knitting needles, crochet hooks, and other supplies. We will need to collect all completed scarves by Wednesday, November 28, 2018 to prepare them for December 1.

If you're not a knitter, no problem! We'll be hosting knitting workshops in November where you can learn how to knit and create your own scarf for the Red Scarf Project. Stay tuned for details.

If you are interested in contributing a scarf or have any questions, please contact Brittany Cameron at brittany@parn.ca or call 705-749-9110 x204.



Ontario Government Connecting People with Addictions to Treatment and Rehabilitation

TORONTO - Ontario's Government is planning to provide those who are struggling with opioid and other drug addictions the first steps towards treatment through new wraparound health and social services beginning in January 2019.



"Ontario's Government for the People is moving forward with a new, enhanced approach to treatment services," said Christine Elliott, Deputy Premier and Minister of Health and Long-Term Care. "Services provided under the new Consumption and Treatment Services model would better address the physical and mental health as well as social needs of people addicted to opioids and other drugs. Our new delivery model would provide a pragmatic approach to overdose prevention, rooted in a relentless focus on getting people the help that they need by connecting them to treatment."

Organizations would need to apply to provide treatment and rehabilitation services, and would also need to offer connections to health and social services, including primary care, mental health supports, housing, and employment. Before and after each site is selected, consultations would be held to ensure the voices of communities are heard. Sites would also need to have a plan in place to ensure community concerns are addressed on an ongoing basis.

Quick Facts

- Consumption and Treatment Services would replace the former Supervised Consumption Services and Overdose Prevention Site models. Existing sites could apply to continue operating under the planned new model.
- Under the new model, each site would implement an ongoing monitoring and reporting plan, as well as adhere to a comprehensive enforcement and audit protocol. This would help review performance, provide measurable outcomes and ensure compliance.
- The new model would continue to feature life-saving overdose prevention and harm reduction services, as well as a new focus on connecting people with treatment and rehabilitation services.
- It is anticipated that approved sites could begin to transition to the new model beginning in January 2019, with all approved sites expected to be in place by April 2019.
- Ontario is planning to expand access to addiction treatment by creating more detox beds in high need communities.

Join us for a full week of events to recognize

AIDS Awareness Week (November 24-30) and World AIDS Day (December 1)



Check out our Facebook and Twitter pages for full details of AIDS Awareness Week and World AIDS Day events!

World AIDS Day takes place on the 1st December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.

Think you might have Hep C?

Get tested and find out
your results in 20
minutes!



PARN, in partnership with the Positive Care Clinic (Lakeridge Health), is providing no-cost rapid Hep C testing at the PARN offices on Tuesday afternoons from 1pm to 3pm. The test takes 20 minutes and can change your life !

Tuesday, November 13: 1pm-3pm

Tuesday, November 20: 1pm-3pm

Tuesday, November 27: 1pm-3pm

There is a cure for Hep C

Eligibility requirements apply.

Please contact Becky Lyon
(Hepatitis C Outreach Coordinator) at
705-749-9110 or becky@parn.ca



Join us for a meal at The Bridge
256 Brock St

Wednesday, November 7th
3:00-7:00 pm

**This is a free event for all self-identified women and the
youth and children in their care.
Food and activities are provided.**

For more information, contact Rachel Petty by email at
Rachel@parn.ca or by calling 705-749-9110.



rivermagazine.ca

The River Magazine

Peterborough's community magazine by and for people living in poverty or on a low income is now accepting submissions for Issue 3!

Submit your writing and art

Send us your stories, essays, drawing, painting, collage and photography

Deadline Nov 12, 2018

Submit directly on the website at:
rivermagazine.ca

Or submissions accepted at:

Canadian Mental Health Association (466 George St), Cameron House (women only), New Canadians' Centre (221 Romaine St), PARN (159 King St, 302), Peterborough Social Planning Council (Peterborough Square - Lower), The One Roof Diner (99 Brock St),

Send to:

theriverpeterborough@gmail.com

For more information call 705-743-5915

Naloxone Saves Lives



**Many people in our communities are at-risk for overdose death.
You can be prepared to save a life.**

Harm Reduction Works @ PARN provides no-cost Overdose Prevention Training and Naloxone Kits to anyone. The training can take as little as ten minutes and can change a life forever.

Please contact us at 705-749-9110 to arrange for training, or just stop by our office at 159 King Street, Suite 302 and we'll hook you up with the training and a kit.



Naloxone Saves Lives

WHAT IS YOUR STATUS



Where to go and what you need
to know to get tested for HIV.



Questions?

Call us or stop by:

PARN - Your Community
AIDS Resource Network
159 King Street
Peterborough ON
Phone: 705-749-9110
OR 1-800-361-2895

For a testing site near you call
the AIDS and Sexual Health
Info Line: 1-800-668-2437



United Way
Peterborough & District
Change starts here.